



FAMILY DINNER

The experience at the meal table has declined in quality with the increase in distractions such as television watching, Smartphone apps, text messaging, and telephone conversations. Barriers to family meals cited by parents include: too little time, child and adult schedule challenges, and food preparation. Most parents, however, say they place a high value on family meals, ranking them above every other activity (including vacations, playing together and religious services) in helping them connect with their families and kids. Most wish they had more family dinners. *American College of Pediatricians – May 2014*

Parents generally agree that family dinners are vital. According to one survey, 87 percent of parents say that it is "very important" or "extremely important" to eat together as a family.

Check it Out!

<https://thefamilydinnerproject.org>

Advantages of the Family Meal

Provides an opportunity to establish a sense of belonging to a family unit

Promotes language development

Shared meals are tied to many teenage behaviors: reduced rates of substance abuse, teen pregnancy, eating disorders, depression, as well as, higher grade point averages and self-esteem

"It is important to us as a family to spend time asking each other about our days and letting each other know that amidst the chaos of the day, in the end, he or she is ultimately what matters in our lives."